



Lunch

Appetisers

Spicy Buffalo Chicken Wings with Cashel blue cheese dip & celery 14.95

Baked Nachos with cheddar cheese,, guacamole, tomato salsa, house pickled jalepenos & sour cream 9.50

Today's Special Soup 5.95

Crisp Fried Squid with smoked tabasco & lime aioli, fennel & herb slaw, chilli spiced peanuts 9.95

Panko Coated Gambas with housemade Mexican sirracha, creamed corn 11.95

Heirloom Tomato Salad with Macroom buffalo mozzarella, black garlic & shallot vinaigrette, savoury granola 10.95

Aubergine Puree with spiced chickpeas, sundried tomatoes, rose harissa tahini, spiced nut dukkah, flat bread 9.95

Salads

Asian Chicken Noodle Salad w/ sesame, coriander, chilli, satay dressing, spiced peanuts 15.95

Baby Spinach & Bacon Salad with poached hens egg, pinenuts, garlic croutons, mustard dressing & Parmesan 14.95

Caesar Salad with baby cos, white anchovies, garlic croutons, Parmesan 11.95

Add Grilled Chicken + 3.50 **Add Bacon** +2.50

Sandwiches & Omelettes

Chicken Club Sandwich with bacon, lettuce, tomato, smoked jalepeno mayo 13.50

Grilled Steak Ciabatta Roll w/ mustard mayonnaise, fried onions, tomato & rocket 14.95

Aubergine Puree & Spiced Chickpea Flatbread w/ grilled courgette, rose harissa tahini,, pickled onions, nut dukkah 12.50

Add Grilled Haloumi +2

Sundried Tomato, Spinach & Feta Omelette 12.95

Smoked Bacon & Aged Cheddar Cheese Omelette 12.95

Mains

Canal Bank Café Burger w/ aged cheddar cheese, smoked bacon, mustard mayonnaise, fried onions & French fries 16.95

Crisp Buttermilk Chicken Burger w/ chipotle dressed slaw, pickled jalepenos, French fries 16.95

Fish & Chips – beer battered fillet of haddock w/ minted pea puree, tartare sauce 19.95

Steak Frites . chargrilled porcini rubbed striploin steak w/ musterd dressed salad, roast garlic aioli, frites 20.95

Pasta w/ 'nduja salami, black olives, tomato, chilli & sage sauce, feta & Parmesan cheese 17.50

Sides

French Fries – matchstick or medium cut 4.95

Roast Rosemary & Garlic Potatoes 4.95

Marinated Fennel & Herb Salad w/ tomato & black olives 4.95

Small Caesar Salad 5.95

Spiced Cauliflower w/ tahini rose harissa dressing, nut dukkah 4.95